

Watermelon and Spinach Salad



Salad

6 cups torn fresh spinach
3 cups cubed seeded watermelon
1 cup sliced fresh mushrooms
1 slice turkey bacon, crisp-cooked and crumbled

Balsamic Vinaigrette

1/3 cup balsamic or red wine vinegar
1/4 cup sugar
1/4 cup chopped onion
1 teaspoon Worcestershire sauce
3 tablespoons vegetable oil
1/2 teaspoon salt

To prepare the salad, toss the spinach, watermelon, mushrooms and bacon in a bowl until combined.

To prepare the vinaigrette, combine the vinegar, sugar, onion, Worcestershire sauce, oil and salt in a blender or food processor and process until blended. Just before serving toss the salad with 1/3 cup of the vinaigrette. Yield: 6 servings.

Nutritional Analysis (includes 1/3 cup of the vinaigrette)

140 calories
70 calories from fat
8 g fat
420 mg sodium
19 g carbohydrate
2 g dietary fiber
2 g protein

This recipe is from the Simply Florida Cookbook, on sale at any Florida Extension Office throughout the state. Please visit www.simplyflorida.org for more information.